

Howerton (W. H.)

WARM SPRINGS,

Madison County,

WESTERN NORTH CAROLINA.



SOUTH EAST OR RAILROAD FRONT.

OPEN ALL THE YEAR ROUND,

BOTH AS A

SUMMER AND WINTER RESORT,

For Invalids as well as Pleasure Seekers.

DR. W. H. HOWERTON,

Lessee and Proprietor.

WARM SPRINGS:

1877.



TO THE PUBLIC.

The undersigned having leased for a term of years, the famous Warm Springs of Madison County, Western North Carolina, presents this, his Annual Circular, to every page of which he invites your careful and a tentative perusal, believing that you will thereby be convinced that this is the place for the invalid to find health and vigor, and the tourist and pleasure seeker, amusement, sport and recreation. The undersigned, determined to merit the same, hopes for a continuance of the very liberal patronage which has heretofore distinguished the Warm Springs among the celebrated resorts for health and pleasure on the American Continent.

He has good and comfortable accommodations for more than a thousand guests, and the undersigned proposes to make the Warm Springs both a Summer and Winter resort, as well for invalids as pleasure seekers; and to this end the mammoth Hotel is open all the year round, and conducted through all seasons in the most magnificent style. The management is thorough and comprehensive in every department. Visitors will receive every kindness and attention, and find here all the comforts of a luxurious mountain home of health and pleasure. To meet the wants of the times, the undersigned has fixed his rates remarkably low—much lower than those of similar resorts in other regions of the country, many of whose accommodations are much inferior, and none superior to those of the Warm Springs.

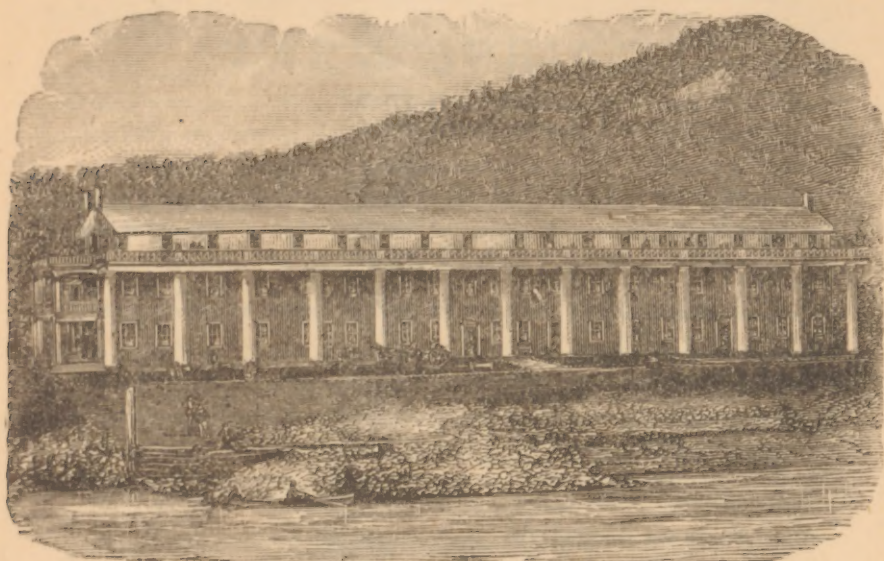
Very respectfully,

W. H. HOWERTON.

WARM SPRINGS,

Madison County,

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FRENCH BROAD RIVER VIEW.

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WARM SPRINGS.

A summer holiday excursion has become a necessity of modern life. Divines preach it, and practice it faithfully. Physicians insist upon it and experience teaches it. If it be not good for man to be alone, it is equally not good for him to devote himself to any one pursuit, never resting and never changing. He needs change, amusement, diversion, if he would be a man invigorated and rejuvenated, and not a fossil.

Many rush across the stormy Atlantic to the Old World, who have never seen and have no conception of the land they live in; its magnificent scenery; its inland seas; its mighty rivers; its dark forests; its lakelets hidden away in backwoods, and wasting their unseen beauties there; its attractions of rapids, and waterfalls, and island glories; its unrivalled fishing and shooting privileges; its cultivated farms; its populous and rapidly increasing cities; its towns and villages; its scenes of historic interest, and scenes which need no historic association, to add to their ineffable grace and beauty, or their awe-inspiring majesty and sublimity. In our own land, we can find repose from labor, and the utmost diversity of scenery, with all the comforts of home, more cheaply and more readily than going abroad.

"Loaf and invite my soul"

is the highest wisdom, and it is not addressed to "loafers," but to workers. But where to loaf? that is the question that will be answered in part by this little pamphlet.

Of the many hundred places which claim the title of Summer or Winter retreats, very few are equal, and none surpass, the attractions that are to be found at Warm Springs, Western North Carolina.

LOCATION.

These Springs are located in the highlands of the South, where (alone on all this continent) can the invalid and pleasure seeker find at the same time, a comparatively mild winter, with exemption from exhausting summer heat. Here alone can the white race regain the health and vigor once impaired by the enervating influences of the heat, humidity, and miasma of the lowlands.

Western North Carolina is, in every sense of the word, a mountainous country, being crossed by transverse ranges of the Blue Ridge and Alleghany Mountains, which divide it into several comparatively narrow valleys, and it is in the midst of one of the most picturesque and lovely of these valleys that you find these Springs, situated on the banks of the beautiful and rapid French Broad River.

This valley has an altitude varying from *two thousand to twenty-five hundred feet above the sea level*, with a clear, cool, and invigorating atmosphere, which not only secures comparative immunity from the insect life (which is the pest of the low country), but also confers abounding health.

MEANS OF ACCESS.

These Springs are easy of access from all Southern and Western cities by all the lines of Railroads converging into East Tennessee, on East Tennessee and Virginia R. R., via Knoxville, to Morristown, Tenn.; thence forty miles on Cumberland Gap and Charleston R. R. to Wolf Creek; thence by elegant four horse Concord coaches eight miles to the Springs.

This Stage route has been so changed, and the grade so improved, that it is now a smooth and comparatively level road. The Cumberland Gap and Charleston R. R. makes close connections at Morristown with the East Tennessee, Virginia and Georgia R. R., and corresponding close connections with the coaches for the Springs, which make trips to and from the Springs in day time. An Agent of the Proprietor will be at the terminus of the R. R. on the arrival of trains to look after baggage of guests, and have the care of ladies and children travelling without male escorts.

FURTHER MEANS OF ACCESS.

The Warm Springs are also easy of access via Salisbury and Charlotte, over the Western North Carolina Railroad and its Southern and Eastern connections. By this rail route, passengers reach Henry Station, twenty miles east of Asheville, thence by elegant four horse Concord stage coaches, to Asheville and the Warm Springs, thirty-seven miles. The mountain scenery presented on this pleasant and interesting passage across the Blue Ridge, and down its Western slope, is not equalled anywhere in the United States, and that section of country has been denominated by tourists, from both the Old and New World, "the Switzerland of America."

CLIMATE.

It will be seen by consulting the map, that this highland projects like a promontory into the planting regions of the South, quite across the thirty-fifth parallel of latitude. The climate of the entire area this side of the Sierra Nevada, and more especially of the Rocky Mountains, is a climate of extremes, comparing in this respect with Asia rather than with Europe. The mercury rises to one hundred degrees and upward at St. Paul and Québec, and the orange trees of Louisiana and Florida occasionally perish with cold. We must not look anywhere on this broad area for an equable climate, such as characterizes the coast of California, or that of South Western Europe. We can only expect a climate relatively mild, and that this place offers. A noted scientist treating on this subject remarks: that "among two hundred and eighty-six points east of the Rocky Mountains, only three reported as low a maximum during the hot summer of 1868, as did the Warm Springs; of eleven points in the State of Wisconsin cooled by the great lakes, only three reported as low a mean for July; and of these three, one (Bayfield, on Lake Superior), while it afforded a mean slightly lower, gave a maximum ten degrees higher." While the Warm Springs section has a mean summer temperature but one degree higher than that of St. Paul, its maximum is from twelve to twenty degrees less. Those who have spent the summer on Lake Superior are impressed with the similarity of the summer atmosphere of this mountain region. They find the climate equally invigorating, and the country entirely free from insect pests.

In fine, the climate of the Blue Ridge region is the *most desirable one east of the Rocky Mountains*. It has the *mildest winters in proportion to the coolness of its summers*, and a general equableness quite remarkable.

But the superior dryness of the atmosphere in this valley gives it a considerable advantage over the neighboring mountain region. Indeed, the universal testimony of all competent observers establishes the existence of a *dry, invigorating atmosphere*; the neighboring mountains serving to intercept much of the moisture, and to cause its deposition on the summits and outer slopes. It is a well-known fact that there has *never been seen a fog within one mile of the Warm Springs*, in the memory of the oldest inhabitant. In order to aid the reader to judge the merits of the climate of this place, the following table is appended comparing it with that of Geneva, Switzerland; Turin and Milan, in Italy:

	Spring,	Summer,	Autumn,	Winter,	Year,
Geneva.....	52.2	70.3	54.2	34.0	54.7
Milan.....	54.9	72.8	55.9	36.1	54.9
Warm Springs.....	55.3	71.7	55.8	38.3	55.6
Turin.....	53.7	71.8	53.4	33.4	53.3

SALUBRITY.

No other range of long settled counties can show so small a rate of mortality as those that lie at the base of the Blue Ridge, from the Virginia line, to that of Georgia; and it is remarkable that there is an appreciable diminution in the ratio of mortality proceeding South, due, perhaps, to the increasing uniformity of temperature. The census of 1870 reports a mortality of ten and three-tenths to the thousand, for Middle and Western Virginia; it gives *eight and four-tenths*

to Western North Carolina. But it is in regard to *pulmonary diseases* that this region affords the *greatest immunity*. While out of every thousand deaths, nearly *two hundred and fifty* in the Northern New England States; *one hundred and fifty* in Minnesota and California; nearly *one hundred* in Kentucky and Tennessee, and *fifty* in Florida and Louisiana, are from consumption, only about *thirty* in the thousand are from that cause in this region. But the ratio of consumption generated in a country, is not a test of its relative capacity for promoting recovery when the disease is once established. The lowlands of the South generate a much less ratio than the colder regions of the north; and yet, as the statistics of mortality in the army clearly show, they tend quite as much, if not more, to promote its progress where existing. Their hot, moist atmosphere, by inducing debility and fever, hastens the progress of the disease.

On the other hand, the extreme cold of higher northern latitudes, proves *fatal*, by *exhausting the small heat-producing capacity* of the *consumptive*. A moderately cool and highly invigorating atmosphere has been found to be by far the most favorable. Altitude has come to be recognized as *indispensable* to any *considerable proportion of recoveries*. It is, perhaps, as important as any other condition. Nor is dryness much, if at all, *less necessary*. As a consequence of its combination of advantages, this place has long been famous as a resort for those suffering from *pulmonary diseases*. Its exemption from *bronchitis, pleurisy, and pneumonia*, is as marked as it is from *consumption*. It is proper here to remark, that of the very small ratio of deaths from consumption, as compared with other regions (thirty to the thousand), probably less than *one-sixth* of these originate here.

THE SCENERY

Is varied and grand beyond that of any other region east of the Rocky Mountains. Indeed, it is rarely equalled in picturesqueness in Europe or America. On the West, the Alleghanies send up numerous peaks from *five to six thousand feet high*; on the East, the Blue Ridge rises in grand but less lofty eminences; while near the centre of the region, the Black Mountain Range *towers nearly seven thousand feet above tide water*. Various other transverse ranges send up peaks from *five to six thousand*, or more, feet in height. The short Black Mountain Range pierces the air with *thirteen peaks above the altitude of Mt. Washington*. From heights clad with verdure to its summits, numberless perennial springs send their clear, cool waters down the steep to join others in the valley below; whence they go on their way to swell the great flood pouring along the Mississippi valley.

In these mountain streams (evidence of the purity of the water), basks the speckled trout. The deer and black bear tempt the hunter to forest and mountain, as does the trout the angler, with rod and line, to the limpid waters of the brook. Everywhere, mountains and waterfalls, cliffs and valleys, gaps and glens, lend variety to the scene, and inspire delight in the lover of the sublime and beautiful, while health is borne upon the breeze, beauty and grandeur fill the eye and soul. It is the region of the finest physical development between the Rocky Mountains and the Atlantic. It is the region to rear children in health.

Miss FISHER, the charming young novel writer, in her "*Land of the Skies*" says "No summer resort in this country presents greater advantages than the Warm Springs.

* * * * *

"Nature has certainly done everything for it. The great hills recede, forming a beautiful basin; there is a green well shaded lawn in front of the hotel, at the foot of which the French Broad sweeps, chanting its everlasting refrain; while on the other side, bold cliffs and mountains rise. In the rear of the hotel flows Spring Creek, one of the brightest and loveliest of mountain streams. It runs down a picturesque gorge in crystal rapids and falls, with the laurel-clad cliffs towering so sheer and steep on each side, that it is only by springing from rock to rock in the bed of the stream that one is able to explore its wild beauty. The Warm Springs are large pools that bubble up near the river, and range in heat from 98° to 102° Fahr. They are almost of miraculous virtue for rheumatism and neuralgia, and one sees helpless cripples who have the entire use of all their limbs in the bath—when out of it they can not move hand or foot. The worst cases of rheumatism are always alleviated by these waters, and many persons are wholly cured."

HOTEL ACCOMMODATIONS.

Having given a partial description of the natural advantages and beauties of this place and surroundings, we come now to speak of what the art of man has done to utilize Nature's work for the benefit of the invalid and tourist.

In the midst of this beautiful valley are situated the Hotel Buildings, which, though originally large and commodious (being of solid brick, two stories high and about 550 feet long,) have recently been enlarged, improved and re-modeled, until they have become colossal in proportions, with a capacity five times greater than any hotel in the state. In the winter of 1873 and 1874 there were added to the buildings, one brick wing 130 feet long, three stories high, and a third story on the main building, with large, wide, piazzas and verandahs on each story, extending entirely around three sides of the building; making, altogether, three thousand feet of new promenade. Also, during that winter all the buildings not entirely new, were completely re-modeled, the wood work all repainted and plastering renewed. A large amount of new furniture has been added, and all the old cleaned, oiled and re-varnished. The mattresses are all new, and supported in all the family rooms by the best "Monroe Springs," making it one of the best bedded hotels in the country. These improvements have given the hotel double its original capacity, and increased its comforts tenfold. A new kitchen has been built, and furnished with an entire new outfit of the most improved ranges, steam and carving tables; also a large and commodious building was erected expressly for laundry purposes, with all the latest improved fixtures and indoor drying room.

There has been added another wing on the south, of the east end of main building, a three story brick, with "Mansard Roof," 137 feet long, which has been finished up in the most approved and latest style of architecture, with all modern improvements; making a beautiful and imposing view South and East. The style and finish of this building reflects great credit on the skill and mechanism of the architect and builder, Capt. J. A. WAGNER. This new building is furnished entire with new furniture in a style commensurate with the beauty of the architecture. From this description, it will be seen that we have a hotel equal in capacity and accommodations to any summer resort or seaside hotel south of Saratoga or Long Branch. The immediate surroundings of the hotel are beautiful beyond description or conception; on every side are the most delightful shaded lawns enlivened by the ripple of two of the most beautiful and rapid mountain streams (the French Broad and Spring Rivers), thus presenting a lovely picture, framed in on all sides by grand and majestic mountains; altogether making up a scene more lovely than can be found at any other summer resort in the country.

Miss FISHER, in her "*Land of the Skies*," says of the comforts and accommodations at the Warm Springs:—

"The rooms at the Warm Springs are admirably furnished, as far superior in size, comfort and upholstery, to those of the famous Virginia White Sulphur, as a first class hotel is superior to an ordinary boarding house."

WATER WORKS.

A fine system of water works has been constructed, which conveys from the mountains at a great height, a large and bountiful supply of the purest and best freestone Spring Water into every department of the Hotel.

ICE.

A large and sufficient supply of Ice (seven hundred and fifty tons) has been secured for the entire season.

AMUSEMENTS, &c.

All the accessories to pleasure and innocent amusement are at the command of the guests of the hotel, viz.: croquet grounds, ball room, brass and string bands of music, bar, billiard tables, bowling alleys, livery stable, trout fishing, deer hunting, mountain rambles, rides and drives. To which has been added, an artificial Lake, with rowboats, in the rear of the hotel; also a well shaded park on Evergreen Island, at the junction of the rivers. At the foot of the island there is one mile of still water, suitable for boating.

A physician of skill and experience will reside at the Springs during the entire year, to instruct invalids in the use of the baths and other mineral waters.

The livery stables will be in charge of a competent manager, and well supplied with a good assortment of saddle and buggy horses, vehicles, &c.

A full complement of the most efficient, well trained servants are employed at the Warm Springs the year round.

THE BATHS

consist of large pools, in the midst of which bubble up with considerable force and unlimited quantity, a clear powerful mineral and electric water (temperature 102 to 104 degrees Fahrenheit), enabling the bather to receive the full effects of the water, without depreciation of the mineral qualities, or escape of gases; making a bath more efficacious than the Hot Springs of Arkansas or Virginia.

These pools have been enlarged and re-modeled so as to give much greater capacity for baths, and greatly increase the facilities for bathing, dressing, &c. Entirely new bath houses have been erected on the site of the old ones, much improved in arrangement and structure, with convenient and appropriate dressing rooms. There are also private baths of the same temperature as the main baths.

As a *delightful Pleasure bath*, we believe there is nothing superior to it on the *Globe*. One becomes absolutely in love with himself in this bath. To be healed of a terrible malady is an invaluable boon; but to be healed by such means renders medication an *absolute luxury*.

EFFECTS OF BATHS.

The baths are wonderfully invigorating to all invalids, equalizing the circulation and stimulating the secretory organs, and will, in most cases of chronic and sub-acute gout and rheumatism, paralysis, dyspepsia, torpid liver, affections of the kidneys, chronic cutaneous diseases, scrofula, neuralgia, secondary syphilis, nephritic and calculous disorders, and some diseases peculiar to females, effect a speedy and radical cure. In many cases of these maladies of long standing there have been remarkable cures of a permanent nature from a daily bath and a half dozen glasses of water drank at the fountain, when persisted in for four or five weeks.

THE DRINKING SPRING.

The Drinking Spring, as it is called, is near the baths; is as clear as crystal, and its use materially assists the action of the baths in the treatment of the diseases for which they are employed.

COLD SULPHUR SPRING.

About three years ago there was discovered not far from the Warm Springs, a cold Sulphur Spring, resembling very closely in temperature and color of deposit, the Yellow Sulphur Spring of Virginia, with a sulphurous odor much stronger. The use of this sulphur water is beneficial to persons suffering with torpid liver, dyspepsia, and diseases of the bowels and kidneys.

ANALYSIS OF THE WARM WATER.

Muriate of Lime.....	11,480	Grains.
Sulphate of Soda.....	4,240	"
Carbonate of Soda.....	3,680	"
Muriate of Soda.....	2,400	"
Silica.....	3,820	"
Sulphate of Magnesia.....	7,640	"
Crenate of Iron.....	2,340	"

35,660 Grains

contents in gallon of water, at temperature 60 degrees.

ANALYSIS OF COLD SULPHUR SPRING.

Quantity of each solid ingredient, estimated as perfectly free from water, in one hundred cubic inches.

Sulphate of Lime.....	13,230
Sulphate of Magnesia.....	8,315
Sulphate of Soda.....	1,438
Carbonate of Lime.....	1,366
Chloride of Sodium.....	0,039
Chloride of Magnesium.....	0,782

Organic matter in small quantities. Iodine, a mere trace.

For particulars and full information in regard to the baths, their uses, effects and results, *particular reference* is made to the subjoined statement of Dr. D. J. CAIN, of Asheville, N. C., formerly of Charleston, S. C. We attach great importance to Dr. CAIN's statement, inasmuch as it is the spontaneous, *voluntary testimony* of a man of great skill and large experience in his profession, of undoubted integrity of character—habitually cautious in forming and expressing his opinion upon matters of importance, and because his opinions and statements among those to whom he is known, will command all the credence that can ever be given to human authority.

His knowledge of these baths, their uses, &c., is not alone derived from a strict and minute observance of its effects upon his patients during the past fourteen years; but from a personal and experimental application to his own body, inasmuch as his system was almost a wreck with malarial disease; he stepped down into the waters and came out whole.

DR. CAIN'S STATEMENT.

Mr. J. A. SAMPLE, Manager. &c.,
Warm Springs:

ASHEVILLE, April 1st, 1875.

MY DEAR SIR:—Having learned that you are about to issue a pamphlet descriptive of Warm Springs and its surroundings, I hand you herewith a correct and truthful statement of my views in regard to your baths, their uses and effects, which you are at liberty to use as you deem best.

My knowledge of the virtues of the Warm Springs, N. C., derived from personal experience and observation of its effect upon others, covers a period of fourteen years. In the fall of 1860 I visited these Springs for the first time; having been reduced to a great degree of physical prostration by a fever of two months duration. My recuperation was so rapid, that I was restored to my usual state of health, in the space of three weeks.

These Springs are situated in the midst of a beautiful mountain region of *unsurpassed salubrity*, being wholly free from malarial fever; in which respect it possesses a decided superiority over the Hot Springs of Arkansas.

The climate of this region is not only very *bracing*, but it is *VERY DRY*; *no Fog* ever appearing in the valley near the spot; though, although seen on the mountain tops several hundred feet above. In this respect (*dryness* and *ABSENCE* of *Fog*) it differs from the majority of the mineral watering places of Virginia, which are damp, and in which fogs commonly exist. These facts are as well known to the laity as to the physicians of the two regions. It may be inferred from this statement that the effect of the bathing at the Warm Springs is enhanced by the tonic quality of the climate. The superiority of the *natural* thermal bath over the *artificial*, resides in the circumstance that the person goes into and comes out of the *former* at the *same temperature*, thus avoiding the sensation of chilliness which is felt in coming out of the *latter*, and which lessens or annuls the good effect which should be derived from it. The temperature of this bath is 102 to 104 degrees Fahrenheit, according as the thermometer is near or more remote from the spot where the water is emitted. Many persons cannot bear the shock of the *cold* bath in any of its modes of application, not possessing sufficient resiliency to re-act upon it. Whereas the *warm* bath, with proper precautions, is safe for almost every one—even the very feeble. Considered simply as a *luxury*, this *bath surpasses* all others which I have used in Europe and America. The feeling caused by it is one of gentle languor, of a softness and lubrication of the surface (due to the alkaline character of the water) and of delightful composure of the nervous system, which, if yielded to, results in a quiet and refreshing sleep. Regarding the proper times for bathing, definite rules cannot be laid down for all persons; these depending on the strength of the person, the nature of the morbid condition, &c., &c.

But the observance of the following suggestions will be proper (I speak of invalids):

- 1st.—Do not bathe immediately after any meal; this would interfere with the process of digestion; retarding or interrupting it.
- 2d.—The most suitable time, in my judgment, is from 11 to 1 o'clock, when the digestion of the breakfast shall have been completed, and the system supported by it. And (if a second bath be deemed necessary) about 6 o'clock P. M. If the bath is taken before breakfast, the invalid is very likely to feel languid all day; and if the second bath is taken *after* supper, it will be too soon after that meal, supposing the invalid retires early (which he should do).

3d.—It is better to take a bath at first of ten minutes, gradually lengthening the stay in the bath as the strength increases. In all cases the patient should come out as soon as a gentle languor is experienced, not waiting until exhaustion is felt.

4th.—On coming out of the bath, the invalid should go to his room and lie down but not cover himself up with blankets or feather beds, and undergo a sweating. This is an exhausting process. It is wholly unnecessary, since enough perspiration takes place while in the bath. It is unnecessary to dwell minutely upon the effects of the warm bath; suffice it to say that

First.—It greatly opens the pores of the skin, estimated to be twenty miles in length, and through this extensive channel depositing the system of effete matters, which if retained by reason of non-performance of its functions, would give rise to disease of one kind or another.

Second.—By filling the blood vessels of and near the surface, it produces a revulsive effect; that is, the blood which perhaps had collected in too great quantities in some internal part, causing what is called congestion or inflammation, is withdrawn, and thus an equalization of circulation takes place.

Third.—By producing a calmative, soothing effect upon the sentient extremities of the nerves of the surface, and the conveyance of this impression to the interior of the system, general nervous irritation is allayed, and secretory action increased.

Fourth.—By causing sweet, continuous *refreshing sleep*, it proves *tonic* in a high degree.

Bearing in mind these facts, it is easy to understand its mode of action in many and different morbid states of the system. In some forms of dyspepsia it acts very happily. The most prominent of these is that in which, from long continued functional irritation, a subacute inflammation is developed, characterized by constant weight and fullness at the pit of the stomach, tenderness on pressure, the tongue coated and red at the edge, a considerable degree of thirst, &c. In this case the bath acts as explained under the second head; but in almost all disordered states of the stomach, the bath acts by removing the coating of the tongue and invigorating the appetite and digestion. The improvement of the appetite and digestion of even the pleasure seeker is generally very marked. In torpor and some other morbid conditions of the liver, marked by sallowiness of the skin, with a near approach to jaundice, its effect is usually prompt and decided. I have seen the skin become rapidly clear under these circumstances. In diseases of the kidneys, gravel, calculous disorders, chronic inflammation of the bladder, &c., the cure is frequently complete. Scrofula and its associated glandular enlargements are favorably influenced. Chronic cutaneous diseases will, in the majority of cases, I believe, be cured by perseverance. In many diseases peculiar to females the effect of the bath is very marked. Delicacy forbids the mention of them in detail in this connection, but the afflicted, and their physicians, will understand the character of the cases to which it is applicable.

But it is in gout, rheumatic gout, and rheumatism (acute and chronic, serous, fibrous and muscular), that its triumph is exhibited. These diseases are in an especial degree amenable to its effects.

To mention the number and character of the cases which have been greatly ameliorated and completely cured, would require the space of a volume. *I have seen* collections of fluid (Serous) in the joints *disappear, the cripple rendered supple and enabled to dispense with his crutches*; those who had to be carried and placed in the bath by attendants, walking with a firm, elastic step after a reasonable time.

I remember particularly the case of JAMES WHITLER, Esq., of Hamilton, Ohio, who had been bed ridden for five years previous to his visit to these Springs, with Rheumatism, who, after using these baths for two weeks in the Fall of the year, on his return home did not remain in bed a single day of that winter. In the ensuing May, I met him at the Springs, where his daily pastime was, swimming, walking and walking erect. The efficacy of the baths in the different diseases aforementioned, is very much aided by drinking the water, which, as is seen in the analysis, is gently aperient, inti acid and diuretic.

We append hereto statements of three other parties, who testify to the most remarkable cures effected by the use of the baths, and deem these cases, so strongly marked, as to be stronger proof of the power and efficiency of the baths, than fifty cases of an ordinary character.

The first one is from B. J. SANFORD, Esq., of the well and widely-known drug house of SANFORD, CHAMBERLAIN & ALBERS, of Knoxville, Tennessee, and is entitled to the highest respect and credence; and the others may be regarded as equally reliable and truthful.

LETTER OF E. J. SANFORD, Esq.

KNOXVILLE, TENN., February 11th, 1875.

J. A. SAMPLE, Esq.,
Manager Warm Springs, N. C.

DEAR SIR:—You ask me for the facts relative to my father's visit to the Warm Springs in 1870. He had for many years been a great sufferer from rheumatism, and for several years unable to walk without the aid of crutches, and for long periods unable to get about his room, even with their aid.

At that time and that violent stage of his disease, he was induced, as a kind of last resort, to try the Warm Springs Baths, which he did for two or three months. He commenced almost immediately to improve, and at the expiration of the time mentioned, laid aside his crutches and has not had occasion to use them since.

He was *seventy years old* at that time, and is to-day, at *seventy-five*, an *active man* for one of his years. I might add that he attributes his cure entirely to the use of the baths at your Springs.

Yours very truly, &c.,

E. J. SANFORD.

LETTER OF J. C. STEVENSON, Esq.

WILMINGTON, N. C., February 9th, 1875.

J. A. SAMPLE, General Manager,
Warm Springs, N. C.

DEAR SIR:—In reply to yours of the 2d inst., I *cheerfully* give my testimony to the wonderfully curative properties of the Warm Springs Baths. By the advice of my physician, who had despaired of being able to cure me of a severe attack of rheumatism, which had deprived me of the use of both legs, I visited the Warm Springs, where I remained the three Summer months, bathing energetically every day, and drinking the warm water. After a few days I climbed to the top of the beautiful mountain immediately in front of the hotel, and before I left I traversed all the country for miles around. Since leaving the Springs I have not lost a day from my business on account of rheumatism, and I now weigh *one hundred and fifty pounds*, against *ninety-eight at the time* I first visited the Springs.

Yours truly, &c.,

JAMES C. STEVENSON.

LETTER OF ALEXANDER BIAGIOTTI.

KNOXVILLE, TENN., February 23d, 1875.

J. A. SAMPLE, Esq., Manager,
Warm Springs, N. C.

DEAR SIR:—I cheerfully make the following statement in regard to the effects of the baths at Warm Springs, at your place, on my system and health.

Previous to my visit to your place on the 8th of June, 1868, I had a very violent attack of rheumatism, which prostrated my system and confined me to my bed chamber for thirteen months. I had become almost entirely helpless, and so emaciated as to weigh only 120 lbs. I remained at the Springs about three months, during which time I used the warm baths freely, which relieved me entirely of rheumatism, and fully restored my general health, causing me to weigh 160 lbs. before leaving the Springs. I am a native of the City of Lucca,

in Italy; have been in America twenty-three years. During a visit to my native country a few years since, I used the Warm Baths of the cities Lucca and Nassa, Italy, but found the baths of your place much more efficient in the restoration of my health than either of them.

Very truly yours,
ALEXANDER BIAGIOTTI.

LETTER OF Dr. T. H. PRITCHARD,

Pastor First Baptist Church, Raleigh.

RALEIGH, N. C., February 5th, 1877.

Dr. W. H. HOWERTON,

DEAR SIR:—Afflicted with a very severe attack of acute rheumatism in 1875, I found great and speedy relief from the use of baths at the Warm Springs of Madison County, N. C. Until I went there, I had no idea there was such a place in the State. The climate, the Springs, the extensive and elegant buildings, the surrounding mountains and the splendid scenery generally, render it one of the most inviting and beautiful places I have ever seen. There was at one time, the season I was there, four hundred and fifteen adult visitors, besides children and servants. I do not know of a mountain watering place in this or any other State, of such possibilities as these Springs present.

Very truly yours,
T. H. PRITCHARD, D. D.

LETTER FROM P. F. PESCUDE, Esq.,

Formerly a Druggist and Chemist of Raleigh.

RALEIGH, N. C., February 5th, 1877.

Dr. W. H. HOWERTON,

Raleigh, N. C.

DEAR SIR:—There is no watering place in North Carolina I consider more charming to sight, or more invigorating to the health of mind or body, than the Warm Springs in Madison County; and with a hotel 650 feet long, fronting the French Broad River, its three long ells, in rear, all environed by wide galleries, supported by massive pillars, and provided with all the modern improvements for pleasure and convenience, no hotel in the South, in my opinion, affords greater capacity for the entertainment of a large number of guests, with all the comforts of home.

I congratulate you on the lease you have secured on this valuable property. Having seen myself very greatly benefited by the baths and the climate on my several visits there, and witnessed their curative properties on others, I feel no hesitancy in saying to all suffering with inflammatory rheumatism or nervous prostration of mind or body, to make you a visit during the approaching season.

Yours respectfully,
P. F. PESCUDE.

TESTIMONIAL OF A GEOLOGIST.

Professor HENRY E. COLTON, while associated with Dr. SYLVESTER EMMONS on the Geological Survey of North Carolina, said:—"None deny the intangible efficacy of the Warm Springs in cases of rheumatism and like diseases. We can add our testimony to that of hundreds of others as to the healing qualities of their tepid waters. The traveller for health, or for pleasure, will ever find them an antidote, and a most pleasant retreat from the toils of business. It has been our good fortune to have been at many watering places, but never at one where the comfort of the visitor was more looked to, and where the inner and outer man were better treated. Every accommodation for bathing is afforded. There are besides the warm spring baths, the shower and plunge baths, supplied with water from one of the pure cold mountain streams. The Warm Springs are a sovereign cure for persons afflicted with rheumatism.

We might easily supply many other testimonials of like character, but deem these quite sufficient for all practical purposes, and in their stead substitute a list of references of reputable persons, who have been from time to time guests of the Warm Springs, whose particular address we give as far as we can, so that inquiry can easily be made as to the truth of our statements.

RATES OF BOARD.

THE RATES FOR BOARD FOR 1877 ARE AS FOLLOWS:

\$40.00 per Month of Four Weeks; \$12.50 per Week; \$3.00 per Day.

Children under Ten Years of age and over Two, and Colored Servants, half price

Two Daily Mails, and Express to and from the Springs.

The Hotel will be kept open Winter and Summer.

W. H. HOWERTON, Proprietor.

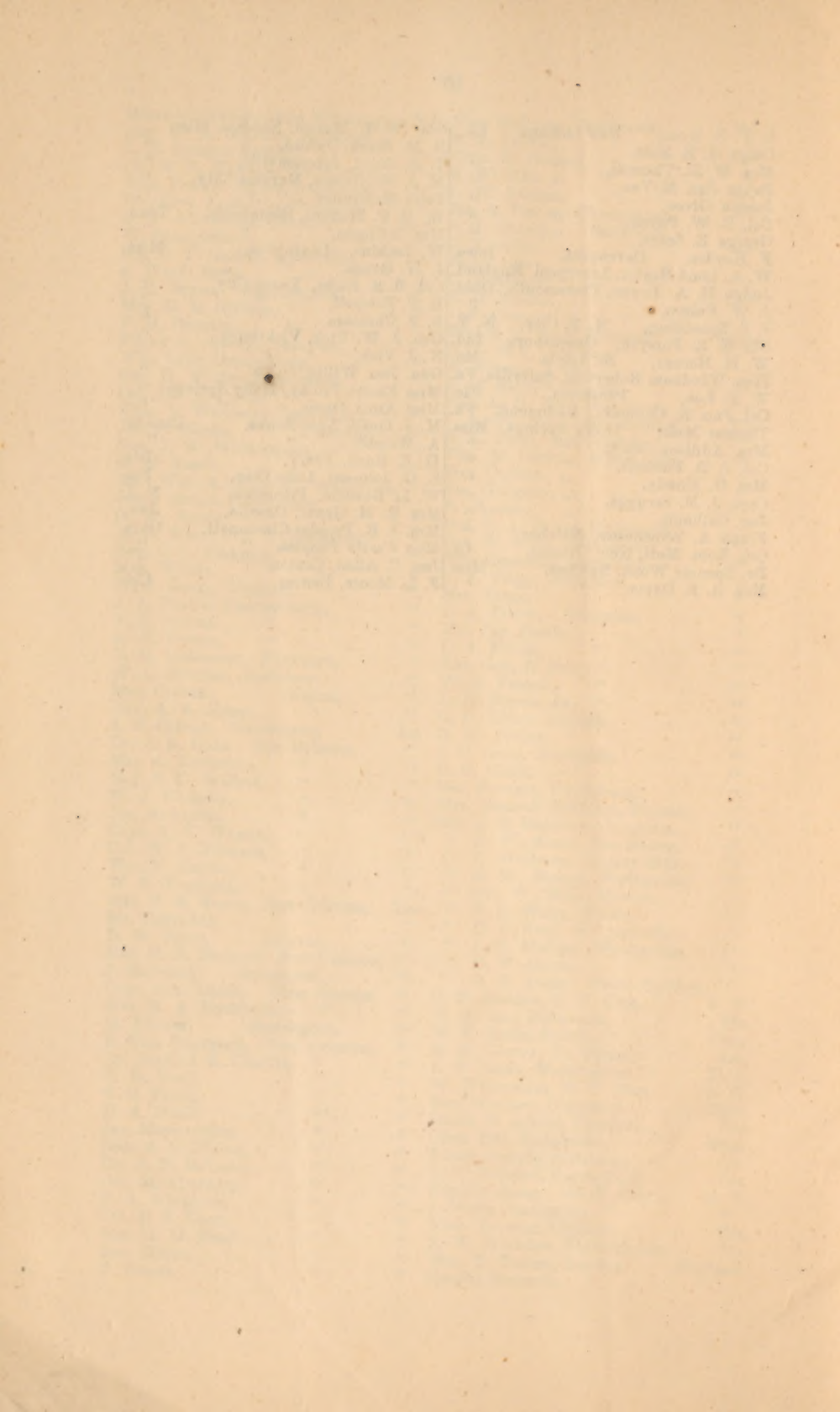
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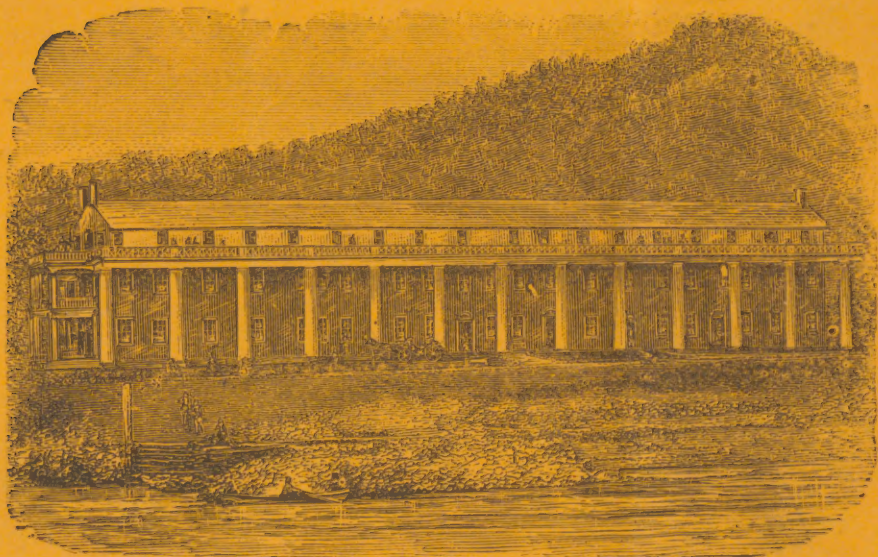
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